

Recipe for: Apple Cinnamon Breakfast Quesadillas

To prepare: Follow the directions below.

Ingredients

Nonstick cooking spray
4 (10-inch) flour whole grain tortillas
1 cup chunky applesauce
4 ounces 50% reduced fat cheddar, grated
2 tablespoons light brown sugar
1 teaspoon ground cinnamon
1 tablespoon melted butter
½ cup light sour cream

Directions

1. Preheat oven to 400 degrees. Coat baking sheet with cooking spray.
2. Spread applesauce over two tortillas. Top with cheese and remaining tortillas.
3. In small bowl, mix together brown sugar and cinnamon. Brush tops of quesadillas with butter sprinkle with half of sugar-cinnamon mixture.
4. Bake for 6-10 minutes or until golden brown. Cool.
5. Meanwhile, stir sour cream into remaining sugar-cinnamon mixture.
6. Cut each quesadilla into quarters. Serve topped with dollops of sour cream mixture.



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